

Seymour nurses
share stories



See details on **Page 2**

DoD announces BRAC list today

Information available by phone, internet for everyone

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON - The secretary of defense is expected to announce the proposed Base Realignment and Closure list during a press conference today.

Air Force officials said they understand the effect BRAC can have on service-members, retirees, employees and their families.

To assist people with vital BRAC information, the Air Force will provide a toll-free number, (888) 473-6120, for military and civilian members affected by the BRAC list. Besides the toll-free phone

number, the Air Force has an informative BRAC Web page at www.af.mil/brac.

"This number will be available today from 8 a.m. to 8 p.m. (EDT) until further notice," said Col. Thomas Fleming, Air Force BRAC response cell director. "We will have trained people from 10 different Air Force organizations to answer or assist with any questions people may have."

Airmen can seek information through their chain of command. They may also contact the public affairs office at their nearest Air Force installation.

BRAC is the congressionally authorized process the Department of Defense

uses to reorganize its base structure to more efficiently and effectively support its forces, increase operational readiness and facilitate new ways of doing business.

"People are our most valuable asset; and though BRAC is a careful and impartial analysis, people will be affected," Col. Fleming said. "We care about our people, and we want to keep our people informed and provide them the best possible information on the changes that will affect them."

The Air Force Web page will have a breakdown of affected bases from the BRAC list, said Jeff Whitted, Air Force News Service operations division chief.

"We will also have links to frequently asked questions, news articles, and DOD and Air Force information concerning BRAC," he said. "As we receive new information, we will post it to this page."

Local communities surrounding these installations will also be affected. Communities can address their concerns with the president's commission at regional BRAC commission meetings or by contacting the commission at (703) 699-2950 for more information. Phone hours

are 7 a.m. to 6 p.m. EDT, Mondays through Fridays.

The BRAC process will take months to be finalized. The secretary of defense's BRAC recommendations are not final. The president's BRAC commission will review the list for conformity with the office of the secretary of defense's force structure plan and published selection criteria and report its findings and conclusions to the president by Sept. 8.

For more information, visit
www.af.mil/brac.

Blood Donation rules outlined

By Airman Frank Snider
Public Affairs

Spare a pint?

Policies for donating blood to the American Red Cross changed recently. Now, travel and other factors affect people giving blood.

"Policies for giving blood change often to assure that we are collecting the safest product possible for our area patients in need," said Barry Hooker, District Manager of Donor Recruitment for the Wilmington Service Center, Carolinas Blood Services Region. "The newest changes went into effect March 21 and focused on some of the travel restrictions."

Now, servicemembers, civilian employees or dependents who have lived in Germany, Belgium or the Netherlands as part of the military for six months or more from 1980 to 1990 are deferred. This is a change that used to read from 1980 to the present day.

Another change includes any servicemember, civilian employee or dependant who has been associated with a military base in Spain, Portugal, Turkey, Italy or Greece for six months or more from 1980 to 1996 is deferred indefinitely.

See **BLOOD**, on Page 3

UP-FRONT FOCUS | Capt. Sheila Jo Davis



Captain Sheila Jo Davis has several responsibilities as a nurse with the 4th Medical Group, and when she's not helping patients or training Airmen, she's spending her off time working at Wayne Memorial Hospital.

Senior Airman J.G. Buzanowski/WT

Caring, compassionate & kind SJ nurse all that & more

By Senior Airman
J.G. Buzanowski
Public Affairs

Throughout her youth, Capt. Sheila Jo Davis watched for years as several doctors treated her ailing mother. But ultimately it was the nurses who made her mom feel better.

This is what made Capt. Davis decide nursing was her calling.

The road to her own pillbox hat was far from easy and it took years of dedication before she wore one of her own.

Her father, a retired senior master sergeant, separated from the

Air Force after his final assignment at Seymour Johnson. While living in the local area, Capt. Davis went to East Carolina University in Greenville, N.C., to study nursing and earn the second of her three degrees.

"When I was in school the first time, I had trouble with chemistry and physics, so I had to change my original major from nursing to business," Capt. Davis said. "My dad worked with a contracted company at the local hospital after he retired so when I'd visit him, I'd see the nurses there."

See **NURSE**, on Page 2

Top 10 reasons to be a nurse

1. Pays better than fast food, though the hours aren't as good.
2. Fashionable shoes & sexy white uniforms.
3. Needles: It's better to give than to receive.
4. Reassure your patients that all bleeding stops ... eventually.
5. Expose yourself to rare, exotic & exciting new diseases.
6. Interesting aromas.
7. Courteous & infallible doctors who always leave clear orders in perfectly legible handwriting.
8. Do enough charting to navigate around the world.
9. Celebrate the holidays with all your friends ... at work.
10. Take comfort that most of your patients survive no matter what you do to them.

Saudis visit SJ

By Capt.
Tana Stevenson
Public Affairs

Several Royal Saudi Air Force officers from the Directorate of Safety visited the base Wednesday and Thursday to shadow Team Seymour's safety programs.

"We're excited to share what we know about safety so they can improve the safety of their F-15S programs," said Capt. Justin Washington, 4th Fighter Wing chief of F-15E flying safety. The F-15S is a variant of the Strike Eagle.

The Royal Air Force officers looked at how the 4th FW and 916th Air Refueling Wing safety offices conduct investigations, how reportable mishaps are tracked, and the organization of combined flight, ground and weapons safety. They were also familiarized with daily operations of the offices and how emergencies are handled.

Highlights of their visit included a trip to the fire department, life support, truck operations and daily flying training.

"This was a great opportunity to improve foreign relations," Capt. Washington said.

4th FW Vice Commander assigned to Pentagon

Fourth Fighter Wing Vice Commander, Col. Don Jurewicz, will be reassigned as the deputy director for Air Force capability development and analysis at the Pentagon.

Colonel Jurewicz will be succeeded by Col. Charles Duke III, who is currently serving as director of staff, Headquarters Air Combat Command, Langley Air Force Base, Va.

The official changeover will take place later this summer.

SJ Airmen get new deployment training

By 2nd Lt. Tammie Adams
Public Affairs

Starting Monday, Seymour Johnson Airmen will cycle through a new mandatory class to learn expeditionary combat skills before deployments.

"With the change in warfare and the Air Force taking on different roles, we're more often out where the shooting is," said Senior Master Sgt. Jess Naylor, program superintendent. "We're one of the only branches of service that doesn't already receive this kind of training."

As aerospace expeditionary force taskings flow, the new training will run as needed.

"Right now, we're coordinating with the unit deployment monitors to ensure there're enough classes to meet demand," said 1st Lt. Matt Olson, officer-in-charge of the program.

Two separate, but similar, courses will be taught. The first course lasts two days, with 11 hours of instruction and an eight-hour field exercise, and is tailored for people deploying to low-threat areas.

Course overview:

- Weapons issue: Airmen will learn how to clear, use, take apart, assemble and clean a weapon and what to do in case of a weapon malfunction.
- Load bearing equipment/body armor: Airmen will learn how to properly attach items

to a web belt and harness to bear loads, thus preventing hip and shoulder injuries.

■ Use of force: Airmen will be instructed when to use deadly or less than lethal force.

■ Combat skills: Airmen will learn how to move around the battlefield by low and high crawling and other movements.

■ Rifle fighting: Airmen will learn three techniques to move people back with a rifle.

■ Fighting position: Airmen will learn how to find cover and protection.

■ Air base defense: Airmen will learn how to defend a base if it's getting overrun or attacked.

■ M-16 maintenance

See **TRAIN**, on Page 5

Weekend weather

Saturday



Partly
cloudy

High: 84
Low: 63

Sunday



Mostly
cloudy

High: 82
Low: 59



America's Air Force &
the 4th Fighter Wing
Cross into the Blue

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Wing-wide
commanders call

Today at 4 p.m. at Debden Park

Base celebrates Nurses Appreciation Month

Team Seymour nurses share stories, inspirations & pride in career

By Capt. Sheila Jo Davis
4th Medical Group

Yesterday was Florence Nightingale's birthday - perhaps the most famous nurse ever. She was a pioneer in our field and we recognize her by celebrating May as Nurses Appreciation Month.

Nurses have a long history of helping the sick and injured with caring bedside manner, medical expertise and when patients need it the most, a warm smile.

Here at Seymour Johnson, we honor and recognize our nursing staff for their outstanding job performance and commitment to caring for patients.

Here are some stories and reflections from several nurses on base:

I went into nursing as a candy striper at the young age of 14 and found my passion - caring for others. At 16, I was a nursing assistance for seriously ill cancer patients. That's where I learned the importance of listening, eye contact, and truly caring for another individual, especially if the patient is in pain and afraid. Nursing is truly the gentle art of caring. Nursing in the Air Force has been incredible and an honor. Most of my nursing has been in casualty care and taking care of the warfighters. Even now as a colonel, I always consider myself as an officer who is a nurse. I am

proud to be an Air Force nurse - my life's passion.

Col. Donna Lake
4th Medical Group commander

I became a nurse because we get to be involved in people's lives in a special way. As a nurse, your patients rely on you to be there for them and that's a wonderful feeling. We provide them nurturing and care to help them get better or just support to help them cope through a difficult situation. Nursing is a proud and respected profession and I am glad to have chosen it as my career.

1st Lt. Jennifer Johnson
Clinic nurse, Blue Team

One week while working as a nursing student for the University of Texas, our instructor asked us to take on different patients than the ones to which we were accustomed. Everyone concentrated on getting the most medically challenging patient they could handle, and several of them had difficulties from things like diabetes, age, genes or just years of self-neglect. The patients required an array of nursing care plans that would impress the most seasoned nursing instructor, guaranteeing an excellent grade for the assignment. None of my fellow students would have guessed that me, a heterosexual male from New York, would pick the most challenging of complicated patients - more so than any of my past

intensive care patients. I had a 27-year-old male transvestite named Juanette with gallstones on hormone therapy. You can't get any more complicated than that and it provided me the most memorable care plan that I ever had to make. It opened my eyes to the different needs people have. I learned that everyone needs help, no matter what walk of life they come from.

Capt. Craig Richters
Human Resources Development Flight commander

As a child, the only answer I can ever remember giving when someone would ask me what I wanted to be when I grew up was a nurse. I thought that it would be the greatest job in the world because I could help people. Now, being in the military, I get an added bonus because I'm helping people and serving my country.

Capt. Amy Amrine
Clinic nurse, Blue Team

I chose nursing as a career at 16 years old. At the time, I was working in a nursing home as a nursing assistant. I loved the job, which some would consider one of the most challenging. The best part was actually making a difference in people's lives. Some of the residents there had no one but the employees to call family. Working holidays wasn't

such a burden when I remembered that we may be the only person to wish them a Merry Christmas, Happy Thanksgiving or Happy Mother or Father's Day. Through the years, I have worked as a nurse in the emergency room, pediatrics, newborn nursery, medical surgical, and of course, geriatrics. Although each area is different, one can always make a difference to a person here or there. After 13 years of nursing, you think I'd have seen or heard it all, but every day, there is still something to learn.

Capt. Valerie Wagner
Clinic nurse, Blue Team

I'm from Wilson, N.C., so, I feel like this is part of my home community. It was very important to my parents that I complete college. I wanted to be a part of nursing to contribute back to the community that helped to raise and mentor me. One of the proudest moments of my nursing career was the day when I graduated nursing school. On that day, my mother was able to pin on my nursing school badge. She was also the first person with whom I shared my board results. My parents worked very hard and encouraged me throughout my nursing career. So, being at Seymour Johnson allows me to be close to family and share my experiences as well as knowledge with those I've known throughout my life.

Maj. Kimberly Merritt
Nurse manager, Blue Team

NURSE: SJ capt makes career out of professional caring

From Page 1

That's what got me going again and wanting to be a nurse. I went back to school, finally passed chemistry and physics and got my nursing degree."

With bachelor's degrees in both business administration and nursing, she decided she wanted more. As a military brat, she also wanted to follow in her father's footsteps and serve her country. Joining the Air Force was the solution.

"This was the perfect option for me because I was able to get my master's in business administration

and I'd get to be a nurse in the Air Force," she said.

Here at Seymour, Capt. Davis is the health care integrator, a position that includes many responsibilities, like dealing with insurance issues, educating patients, answering any questions they may have and sometimes handing out candy - because a piece of candy can make anyone smile, the eight-year Air Force veteran said.

"Captain Davis is our guardian angel," said Col. Donna Lake, 4th Medical Group commander. "She cares so much about our patients

and works directly between the base and community to make sure people get the medical help they need."

When Capt. Davis isn't helping patients, she's ensuring Team Seymour's medics are prepared to give health care anywhere in the world. She creates "injured" Airmen for base exercises so every Airman can practice their self aid and buddy care.

"We can tell people in exercises that someone has a simulated broken leg, but then they just say they simulate helping them and don't really get the training they need," Capt.

Davis explained. "What I do is dress up 'wounded' Airmen with injuries that look real. That gives everyone better quality training and good experience testing their skills."

When she's not helping patients or training Airmen on base, Capt. Davis also works at Wayne Memorial Hospital as, of course, a nurse.

"I don't get to do as much direct patient care as I'd like, so I got a job at the hospital," she said. "It's different than being a military nurse because I get to work with a wider array of patients from the communi-

ty, which I enjoy."

The duality of being both an officer and a nurse is one in which Capt. Davis revels.

"I get the best of both worlds - I get to be a nurse and help people, and I get to be an Airman with all the responsibilities that entails," she said. "My favorite part of both jobs is making a difference in people's lives. Sometimes that means helping someone feel better; sometimes it means just sitting and talking. Either way, I love helping people, and being an Air Force nurse, I get to do just that."

WRIGHT
TIMES

Deadline is Friday at noon, the week prior to publication.

1510 Wright Brothers Ave. Suite 200 SJAFB, N.C. 27531
(919) 722-0021 or Fax (919) 722-0007

4th Fighter Wing Editorial Staff

Commander, 4th Fighter WingCol. Mike Holmes
Chief, Public Affairs Capt. Allen Hermitage
Chief of Internal Information2nd Lt. Tammie Adams
EditorSenior Airman J.G. Buzanowski
Staff Writer.....Airman Frank Snider

e-mail submissions to: wte.4fwpa@seymourjohnson.af.mil

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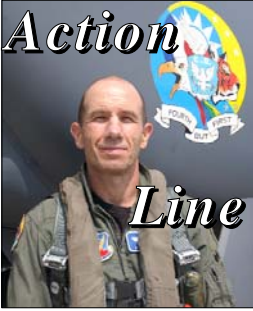
Seymour Johnson's Action Line is brought to the base by 4th Fighter Wing Commander, Col. Mike Holmes

It provides a communication channel for people to obtain information and assistance in making Seymour a better place to live and work.

The colonel asks that before calling the Action Line, people try to resolve their particular problem with the responsible base agencies listed here:

Base exchange	735-8512	Military pay	722-5373
Chaplain	722-0315	AFOSI	722-1220
Civil engineering	722-5139	Public Affairs	722-0027
Civilian pay	722-5358	Safety	722-4093
Commissary	722-0321	Security forces	722-0121
Military equal opportunity	722-1180	Services	722-5331
Inspector general	722-0211	Transportation	722-5089
Housing maintenance	736-7021	Travel pay	722-5362
TRICARE	(800) 931-9501	Youth center	722-0339

722-0006 or 4fwactionline@seymourjohnson.af.mil



Major wins AF-level award

By 2nd Lt. Tammie Adams
Public Affairs

A member from the 4th Operations Support Squadron's airfield operations flight was recently chosen as the Air Force 2004 Col. Derrel L. Dempsey Officer of the Year.

The annual airfield operations award is given to those who highly contribute services, ideas, developments or accomplishments to enhance the quality, safety or efficiency of the airfield and air traffic control systems.

"I'm honored and humbled to have won the award," said Maj. Mike Gregoritsch, airfield operations flight commander. "I feel like it's a lot to live up to."

Most of Maj. Gregoritsch's job takes place in the air traffic control tower and the radar approach control facility, and entails managing the entire airfield, including the runways and taxiways.

"Right now Seymour has a displaced threshold runway, which is when temporary mark-

ings are placed on the runway to shorten it so we can do construction work while flying operations continue," he said.

Major Gregoritsch and his flight also work with the Federal Aviation Administration on a daily basis and assist the National Transportation Safety Board with investigating civilian aircraft accidents in eastern North Carolina.

They're responsible for aircraft operations covering over 5,800 square miles of North Carolina airspace, he said.

"I'm also a rated Air Force air traffic controller and really enjoy directing aircraft," Maj. Gregoritsch said.

When asked what he thinks set him apart from others up for the award, Maj. Gregoritsch said he was deployed to Kirkuk Air Base, Iraq, for four months as the deputy squadron commander and responsible for one third of Iraq's airspace.

According to the awards package, he oversaw weather, intelligence, transient alert, airfield,

tower, center and approach radar operations for all of Northern Iraq. He was responsible for more than 65 people and \$12 million in tactical assets.

Here at Seymour, he's in charge of managing more than \$15 million worth of runway and airfield work.

With all of this to his credit, Maj. Gregoritsch still praises all the Airmen that work for him.

"More than 100 people work for me," he said. "It's because of their hard work and dedication that I won the award. In my eyes, they deserve all the credit."

Over the past two years, the airfield operations flight has received several unit and individual awards.

"These awards are a direct reflection of the guidance and leadership prevalent throughout the flight, and especially the leadership of Maj. Gregoritsch," Lt. Col. Brian Killough, 4th OSS commander. "I am extremely proud of all the professionals in airfield operations, and Maj. Gregoritsch leads the way."

Under the gun



Master Sgt. Bob Blauser/ 43rd AW

POPE AIR FORCE BASE, N.C. - Airman 1st Class Justin Cockburn fastens a panel after replacing a battery on an A-10 Thunderbolt II here May 4. More than 200 Airmen from the 74th Fighter Squadron are preparing to deploy to Afghanistan supporting Operation Enduring Freedom. Airman Cockburn is an A-10 crew chief assigned to the 23rd Aircraft Maintenance Squadron.

Seymour safety day to focus on summer activities

By Airman Frank Snider
Public Affairs

Twice each year, 4th Fighter Wing Safety sets aside a day to remind the base population of the heightened risks associated with the summer and winter months, and to teach them how to counter those risks.

On May 20, Seymour Johnson jumpstarts the 101 Critical Days of Summer awareness program with the "Airmen helping Airmen" safety day.

"We want to let Airmen know what they can do to keep themselves and their fellow Airmen safe," said Tim Edwards, ground safety manager.

The safety day is also meant to

show Airmen how to integrate Air Force core values and safety into off-duty activities.

In the past three years, 28 Airmen from Air Combat Combat died in vehicle accidents.

In an effort to prevent more avoidable deaths, the event will inform Airmen of three dangerous driving

risks: not wearing a seat belt, speeding, and drinking and driving, Mr. Edwards said.

To further educate Airmen on the dangers of alcohol, the North Carolina State Highway Patrol will operate a drinking and driving simulator from 10 a.m. to 2 p.m. in the 4th Medical Group parking lot.

"The main thing we want to do is create awareness about safety," said Tech. Sgt. James Eskut, human performance training team NCO-in-charge. "We want to keep our Airmen safe by getting them to think about what could happen."

For more information, call 722-4218.

Please, mum, can I have some more?

Brandy Curry helps her 4-year-old daughter, Megan, get some food during a spouses lunch Tuesday at the chapel annex. The luncheon was a part of Spouse Appreciation Week, during which spouses of Airmen took part in a mock deployment line, attended a Heartlink meeting and were given a full tour of the base.



Airman Frank Snider/ WT

Unit News

To get your information in the paper, contact your unit public affairs representative or first sergeant.

ALS grads

Congratulations to the twenty-nine Chief Master Sgt. of the Air Force James C. Binnicker Airman Leadership School graduates who will soon join Team Seymour's NCO ranks.

Senior Airman Clarissa Shearer, 4th Operations Support Squadron received the John L. Levitow Distinguished Graduate Award. The distinguished graduates were Senior Airman Jessica Ducat, 4th Equipment Maintenance Squadron; Senior Airman Joshua Emerson, 4th Component Maintenance Squadron and Senior Airman Nicole Rivera, 4th Comptroller Squadron, who also earned the William H. Pitsenbarger Leadership Award.

The other ALS graduates were Senior Airman Angela Weiss, 4th Fighter Wing; Senior Airmen Amber Gonzalez and Tyrone Saunders, 4th OSS; Senior Airman Darrell Ramey, 335th Fighter Squadron; Senior Airmen Jeffrey

Cunningham, Robert Green and Dustin Wehrle, 4th Civil Engineer Squadron; Senior Airman Jeremiah Stallcup, 4th Communications Squadron; Senior Airman Mary McKay, 4th Contracting Squadron; Senior Airman Harold Morris, 4th Security Forces Squadron; Senior Airman Jason Fox, 4th Logistics Readiness Squadron; Senior Airman Jessica Parris, 4th Maintenance Group; Senior Airmen Ronnie Bowman, Michael Hromyak, Matthew Pernie, William Sanders and Scott Schinsky, 4th CMS; Staff Sergeants Joshua Bennett, Robert Byrd and Michelle Fleck, Senior Airmen Nicholas Hamilton, Jonathan Heindel, Michael Holley, Gary Kohr and Ryan Zeigler, 4th EMS; Senior Airman John Keith III, 4th Maintenance Operations Squadron; Senior Airmen Lamon Keith, Kenneth Kelly, Erika King, Andrew Montgomery, Christopher Moon and Jordan Stearns, 4th Aircraft Maintenance Squadron; Senior Airman Bryan Sternback, 4th Aeromedical Dental Operations Squadron; Senior Airman Brian Londo, 4th Medical Support Squadron, and Senior Airman Fordeline Garber, 916th Air Refueling Wing Public Affairs.

BLOOD: Donate rules change

From Page 1

According to Mr. Hooker, without committed, regular donors, hospital patients would suffer. Giving blood regularly will help the American Red Cross keep an adequate blood supply for everyone.

"My father has received blood since he was in an accident and I've

donated blood ever since," said Senior Airman Jason Jernigan, 4th Medical Group Lab Technician. "It's another way to help people in need like my father."

The American Red Cross comes to Seymour Johnson six times a year to conduct blood drives, usually the second or third Friday of

every other month

The next blood drive is June 17 from 9 a.m. to 2:30 p.m. at the community center.

"We need all donors to come in to donate the gift of life," said Mr. Hooker.

For more information, call 722-1120.

What did you get for Mother's Day?



Lt. Col. Karen Chambers-Hughes

"My husband gave me an eternity ring and my daughters gave me clothes and make-up."



Ann Brown

"I got flowers, a necklace and lunch made by my family."



Shandra Smiley

"I took a trip to Raleigh with my husband and children to go shopping."



Master Sgt. Alfie Okano

"My kids came by to visit me Wednesday for mother's day and my birthday."



Senior Airman Monique Anderson

"I found out that I'm pregnant again."



Gale Staten

"I was treated to dinner Saturday night and given roses the next day."

Compiled by Airman Frank Snider/ WT

NEWS

BRIEFS

Settlement of estate

Colonel Mike Holmes, 4th Fighter Wing commander, regretfully announces the death of Staff Sgt. Jonathan Lane, 4th Civil Engineer Squadron. Anyone having claims against or indebtedness to the estate of Sgt. Lane should contact 2nd Lt. Simone Wettle, summary court officer, at 722-5533.

Settlement of estate

Colonel Mike Holmes, 4th Fighter Wing commander, regretfully announces the death of Senior Airman Gregory Earnest, 4th Equipment Maintenance Squadron. Anyone having claims against or indebtedness to the estate of Airman Earnest should contact Capt. Luis Berrios, summary court officer, at 722-5533.

4th TS change of command

The 4th Training Squadron changes command May 20 at 10 a.m. in the 335th Aircraft Maintenance Unit hanger. The outgoing commander is Lt. Col. Charles Midthun and incoming commander is Lt. Col. James Ravella, former 90th Fighter Squadron operations officer at Elmendorf Air Force Base, Alaska.

4th MOS change of command

The 4th Maintenance Operations Squadron changes command May 20 at 1 p.m. in the 4th Fighter Wing load barn, Building 4820. The outgoing commander is Maj. Reginald Godbolt and incoming commander is Maj. Joseph Shirey, former Air Combat Command chief of aircraft maintenance and policies at Langley Air Force Base, Va.

Mail food drive

The National Association of Letter Carriers food drive is Saturday and includes Seymour Johnson residents. Mail carriers in Goldsboro will collect food while delivering mail. The food drive includes all residents with a Goldsboro zip code from 27530 through 27534. To contribute, place non-perishable food by your mailbox. Glass containers are not permitted. All donated food will be delivered to food pantries in Goldsboro. For more information, call 735-3591.

Safety seat check

Seymour Johnson's safety offices sponsor a child safety seat check with help from the North Carolina Child Safety Coalition Saturday from 10 a.m. to 2 p.m. in the base theater parking lot. There will be volunteers on hand to check the installation, and the base exchange will provide refreshments. For more information, call 722-4222.

New finance hours

Finance now opens an hour later each day but will stay open until 9 p.m. on Mondays. For more information, call 722-5713.

Finance closure

The Comptroller Squadron will close at noon on May 24 for an official function.



This section of the Wright Times features excerpts from the 4th Security Forces Squadron blotter.

On base incidents: Police, fire and explosives ordnance disposal teams responded to a suspicious package. The area was evacuated and an EOD team made the area safe. Law enforcement patrols took several statements from individuals reporting damage caused from inmates mowing around parking areas. A patrol responded to the report of several vehicles parked in the billeting parking lot being keyed. Assistance was requested from Goldsboro Police Department to clear a facility that had received a bomb threat. A K-9 unit responded to the scene.

Accidents: Two vehicles collided in the commissary parking lot. The drivers had conflicting stories as to who struck whom. One driver was backing out of a parking spot and stated they had come to a full stop before the second driver rear ended them. The second driver stated they were waiting to pull in to a parking spot when the first driver backed into them. Fault could not be determined, so no citations were

issued. A patrol responded to a hit and run in the base exchange parking lot. There are no suspects at this time. An oversized government vehicle was attempting to back into a parking space when the driver hit the bumper of a vehicle parked in the next space over. Both vehicles sustained minor damages.

Off base arrests: An Airman was arrested after being served 41 warrants for arrest for fraudulent checks. An Airman was arrested for driving under the influence and possession of a concealed weapon.

Medical emergencies: An ambulance unit responded to the federal prison camp after an inmate complained of chest pains. He was taken with escort for evaluation at Wayne Memorial Hospital.

Citations: Eighteen citations were issued for speeding with five driving suspension letters, one citation for inattentive driving and two citations for illegal parking.

Days since the 4th Fighter Wing's last DUI:

26

Once the 4th FW reaches 60 days without a DUI, the wing receives a half of a down day, 75 earns a full down day. Don't be the one who ruins a day off for everyone. Don't drink and drive - call AADD at 722-3333.

As of May 12

Information provided by the 4th Security Forces Squadron

Nurses have all the patience

K E N I C I D E M H E A L T H
T S M T U C F O R C E P S Q T
I N E E D L E S L U P G O W N
T N A D R S S E V E S R U N E
T Y Q T E G L A T I P S O H I
N R R U S C E A B H T L E P T
E E O U I I N N C A I A A R A
M V K T J S S E C I N C L C P
T E R A C N I S I Y T D A S S
A F G G N O I T A R E C A L P
E M B L O O D H I P E N A G F
R R E F L E X E S V L P R R E
T E M P E R A T U R E E X U P
S H O T N E D I C C A G H E G
S C R U B S Y C N A N G E R P

By Airman Frank Snider /WT

Wordsearch words



Words may be horizontal, vertical, diagonal or backwards

- Accident
Anesthetic
Assistant
Bandage
Blood
Cap
Care
Cut
Desk
Doctor
Emergency
Ethical
Experience
Fever
Forceps
Gown
Gurney
Health
Help
Hospital
- Injury
Inquisitive
Laceration
Medicine
Needles
Nice
Nurse
Patient
Practical
Pregnancy
Pressure
Pulse
Reflexes
RN
Scalpel
Scrubs
Shot
Temperature
Treatment
Vitals

See answers on page 8

In the spotlight

Retired Tech. Sgt.

John Clark

Military career highlights:

- Served in Vietnam and Operation Desert Storm
- Was assigned to the 4th Equipment Maintenance Squadron for eight years
- Received an associate's degree from the Community College of the Air Force

Post-military career:

Employed by Standard Products, Inc. in Goldsboro

Still serving as:

- Volunteer at 4th Medical Group's satellite pharmacy
- Member of Alliance of Retired Military, Goldsboro chapter
- Member and executive boardsman for Goldsboro's Chapter 45 of the Disabled American Veterans association

Retiree news

Vietnam veterans now have a national toll-free helpline to answer questions about Agent Orange exposure, health-care and benefits. Callers can speak directly to VA representatives from 8 a.m. to 4 p.m. Monday through Friday or access a 24-hour automated system. For more information, call 1-800-749-8387.



4th MDG
volunteer

TRAIN: Class preps Airmen

From Page 1

There's also a five-day course that teaches the same information as the two-day course, but it is more in-depth.

"Airmen will have to go through the training before each deployment so the knowledge is fresh in their minds," Sgt. Naylor said. "These skills are perishable so doing them over and over will help Airmen stay proficient and hope-

fully act without delay if faced with a combat situation."

Members from various organizations on base will teach the classes. Instructors still need wing-wide volunteers from any career field.

"We'll teach the volunteers the skills they need to train other people," Sgt. Naylor said.

For more information or to volunteer as an instructor, email Lt. Olson.

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Comm has AMMO's number, wins 21-14

By Airman Frank Snider
Public Affairs

The 4th Communications Squadron defeated the 4th Equipment Maintenance Squadron's Munitions Flight Monday 21-14 for an intramural softball victory at the fitness center.

Comm's win was based on the strategy of their coach, Andrew Von Bargaen: Get the lead early and keep the pressure on.

Comm started the game with a lead-off triple and a follow-up sacrifice fly for an early lead.

Ammo lead their half of the first with a double followed by a single. With two on, Joseph Crawford blasted the ball over the centerfield fence cutting the lead to 7-3. Ryan Ducat followed suit by sending another ball screaming out of the park. Three outs later, two of the Ammo players were left stranded to end the inning trailing 7-4.

Not to be outdone, Comm hit a two-bagger, enabling coach Von Bargaen to step up to the plate and go yard, adding two more runs. After a pair of singles, Comm repeated with another three-run shot, this time by Michael Miller. Comm ended their half of the inning ahead 13-4.

Three singles, an out and an RBI by Ammo kicked off the bottom of the second followed by a triple to drive in two more runs. After one more run batted in, the inning ended for Ammo with a diving catch by Comm's Charles Summerall.

Comm went on the attack once again, delivering hit after hit and run after run before going back to the dugout leading 19-8.

Ammo closed out the bottom of the inning with a run batted in and an inside the park grand slam by Brett Kemp to close the gap.

After Comm went three up three down, Ammo came back with two more runs to make the score 19-14 in the bottom of the fourth.

Comm added to their lead, scoring two runs before retaking the field.

With time expired, Ammo had to score seven runs or lose the game. Unfortunately for them, they couldn't score enough runs before losing 21-14.

"We just had to make sure we played our game and stayed on top," Von Bargaen said. "The game gets a lot harder under pressure, so we just try to keep the pressure on."



Senior Airman J.G. Buzanowski/ WT

If you ain't AMMO, you won Monday's intramural softball game. The 4th Communications Squadron's Robert Jones safely reaches first as the throw is just a little late in a game at the fitness center. Comm won the game 21-14 and stays in contention for the American League title.

To place an ad in the
Wright Times,
call 778-2211.



Get Fit

The HAWC wants everyone to get healthy and stay healthy. Here is this week's fitness tip:

Get into a routine. Like anything else, a running program is easier if it becomes routine. Set aside a certain time each day that is designated as your running time.

Sidelines

Relay for life

Members of Team Seymour take part in the American Cancer Society's Relay for Life to raise money for the fight against cancer from today at 4 p.m. to Saturday at noon. For more information, call 722-5266.

at the base golf course. Teams will be divided into groups of four, with a maximum of 22 teams. Registration deadline is June 1. Cost is \$25 for members and \$30 for non-members. For more information or to register, call 722-5665.

Ammo golf tourney

The ammunition softball team holds a golf tournament June 10 with a shotgun start at 8:30 a.m.

Kinston Indians schedules

Outdoor Recreation now has the 2005 season schedule for the

Kinston Indians baseball team. Cost is \$3 with valid military identification unless otherwise noted. For more information, call 722-7153.

Wrestling training

Children in grades kindergarten through 12 are invited to learn basic wrestling skills. Practices are Tuesdays and Thursdays through June at 6 p.m. at Eastern Wayne High School in the wrestling room. Cost is \$19. For more information, call 751-0596.

Little Tigers class

The community center hosts Little Tigers martial arts classes Wednesdays from 5:30 to 6:30 p.m. Cost is \$20 per month per child. Family discounts are also available. For more information, call 722-0339.

Dance classes

The community center offers dance classes between 8 a.m. and 2:45 p.m. every Saturday. Dances range from hip-hop and jazz to ballet and tap. For more information, call 722-0339.

Jumpstart your summer

SATURDAY

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Open for the season

Thursdays	6 to 10 p.m.
Fridays & Saturdays	1 to 8 p.m.
Sundays	1 to 7 p.m.

Base pools open May 28. For more information, see the May 26 edition of the Wright Times, logon to www.sjafbsservices.com or visit 1515 Goodson Street. Call us at 722-1106.

4TH SERVICES

Outdoor Recreation & Community Services

HOURS SUBJECT TO CHANGE WITHOUT NOTICE

Buzz words

Reviews for the latest movie and DVD releases

The theater has been closed since Jan 15th and reopens May 20th. Admission prices will be \$1.75 for all shows. There will also be drawings for prizes all three days.

By Senior Airman J.G. Buzanowski
Public Affairs

Life Aquatic with Steve Zissou



Wes Anderson's newest comedy is quirky and eccentric; not for most audiences. But those who are willing to give it a chance without expectations will find a wonderfully original and different kind of Bill Murray movie. The all-star ensemble cast is particularly effective with the subtle and understated dialogue fans have come to expect from Anderson's movies.

★ Coulda been better

★★★ Worth a look

★★ Has its moments

★★★★ Don't miss it!

Wordsearch answers

From Page 5

Nurses have all the patience



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Local events

Inside the gate:

Spring recital

The 4th Services Squadron hosts the "Merry Melodies" spring recital May 21 at 10:30 a.m. at the community center. Entertainment will be provided by the community center music students. Admission is free. For more information, call 722-0339.

Community center lessons

The community center offers music and voice lessons May 31 to Aug. 19 from 1 to 3 p.m. Monday through Friday. For more information, call 722-0339.

Outside the gate:

Center Street Jam

The Downtown Goldsboro Development Corporation sponsors Center Street Jam every other Thursday from 5:30 to 8 p.m. in downtown Goldsboro. The next performance is Thursday with Ricky Godfrey. For more information, call 735-4959.

Golf deal

The Walnut Creek Country Club hosts active duty military appreciation days now through May 31 by letting people play a round of golf for a cart fee only. The country club is also granting active duty military members full access to their dining rooms with a reservation. For more information, call 778-3034.

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